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## WHAT IS CLAIMED IS:

1. A video and audio playing device, comprising at least:

a disk selection unit, for loading a plurality of disks;

a reading unit, for reading the disks;

a non-volatile memory unit, for storing a play data of the disks;

a display unit, for displaying the play data of the disks stored in the non-volatile memory unit;

a navigating key, for browsing the play data of the disks displayed on the display unit, and for choosing one of the disks to play; and

a control unit, which is coupled to the disk selection unit, the reading unit, the non-volatile memory unit, the display unit, and the navigating key, wherein while the play data is not stored in the non-volatile memory unit, the control unit controls the reading unit to read the play data, and also to store the play data to the non-volatile memory unit.

2. The device according to claim 1, wherein the video and audio playing device also comprises:

a volatile memory unit, which is coupled to the control unit, for storing

the play data of the selected disk, wherein when the disk is selected, the control unit collects the play data stored in the non-volatile memory unit, and also stores the play data to the volatile memory unit; and a playing unit, which is coupled with the control unit, for playing media contents of the disks, wherein when the media contents are playing, the control unit collects the play data of the disk stored in the volatile memory unit, and displays the play data on the display unit.

The device according to claim 2, wherein the volatile memory unit comprises a random access memory (RAM).

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- 4. The device according to claim 2, wherein the media contents of the disk comprises a plurality of play items, and wherein the play data comprises at least a title of the disk and titles of each play item.
  - The device according to claim 1, wherein the non-volatile memory unit comprises a flash read only memory (flash ROM).
- 15 6. The device according to claim 1, wherein the display unit comprises a liquid crystal display panel (LCD panel).
  - 7. The device according to claim 1, wherein the navigating key comprises a cursor-moving key and an instruction input key.

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8. A video and audio playing device, comprising at least:

a disk selection unit, for loading a plurality of disks;

a reading unit, for reading the disks;

a non-volatile memory unit, for storing play data of the disks;

a touch control display unit, for displaying the play data of the disks stored in the non-volatile memory unit, and also for browsing the play data of the disks and for choosing one of the disks to play; and

a control unit, which is coupled to the disk selection unit, the reading unit, the non-volatile memory unit, and the touch control display unit, wherein while the play data of the disks is not stored in the non-volatile memory unit, the control unit controls the reading unit to read the play data of the disks, and also to store the play data of the disks to the non-volatile memory unit.

9. The device according to claim 8, wherein the video and audio playing device also comprises:

a volatile memory unit, which is coupled to the control unit, for storing the play data of the selected disk, wherein when the disk is selected, the control unit collects the play data of the disk stored in the non-volatile memory, and also stores the play data of the disk to the volatile memory unit; and

a playing unit, which is coupled with the control unit, for playing media contents of the disks, wherein when the media contents are playing, the control unit collects the play data of the disk stored in the volatile memory unit, and displays the play data of the disk on the touch control display unit.

10. The device according to claim 9, wherein the volatile memory unit comprises a random access memory (RAM).

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- 10 11. The device according to claim 9, wherein the media contents of the disk comprises a plurality of play items, wherein the play data comprises at least a title of the disk and titles of each play item.
  - 12. The device according to claim 8, wherein the non-volatile memory comprises a flash read only memory (flash ROM).
- 13. The device according to claim 8, wherein the touch control display unit comprises a liquid crystal display panel (LCD panel).
  - 14. The device according to claim 8, wherein the touch control display unit comprises a cursor-moving key and an instruction input key.

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15. A method of choosing and playing a disk for a video and audio playing device, wherein the video and audio playing device comprises a non-volatile memory unit, wherein the method comprises at least:

loading a plurality of disks;

determining whether the play data of each of the disks is stored to the non-volatile memory unit;

wherein when the play data of each of the disks is not stored in the non-volatile memory unit, the play data of each of the disks is read and then the play data of each of the disks is stored to the non-volatile memory unit, so as to display the play data; wherein when the play data of each of the disks is stored in the non-volatile memory unit, the play data stored in the non-volatile memory unit is displayed; and choosing one of the disks to play.

16. The method according to claim 15, wherein the method after a step of choosing one the disks further comprises:

collecting the play data of the disk stored in the non-volatile memory unit and also storing the play data of the disk to a volatile memory unit of the video and audio playing device; and

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playing the media contents of the disks and collecting the play data of the disk stored in the volatile memory unit, so as to display the play data.

- 17. The method according to claim 16, wherein a step of storing the play data of the disk to the volatile memory unit of the video and audio layer device comprises storing the play data of the disk to a random access memory (RAM).
- 18. The method according to claim 16, wherein the media contents of the disk comprises a plurality of play items, wherein the play data comprises at least a title of the disk and titles of each play item.
- 19. The method according to claim 15, wherein the non-volatile memory comprises a flash read only memory (flash ROM).

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